

Student's Name/Initials

/

Date

Teacher's Initials

Date

FOODS AND NUTRITION 1

DIRECTIONS: Evaluate the student using the applicable rating scales below and check the appropriate box to indicate the degree of competency. The ratings 3, 2, 1, and N are not intended to represent the traditional school grading system of A, B, C, and D. The description associated with each of the ratings focuses on the level of student performance or cognition for each of the competencies listed below.

PERFORMANCE RATING

3 - can perform task independently with no supervision
 2 - can perform task completely with limited supervision
 1 - requires instruction and close supervision
 N - has no experience or knowledge of this task

COGNITIVE RATING

3 -can apply the concept to solve problems
 2 - understands the concept
 1 - requires additional instruction
 N - has not received instruction in this area

A. NUTRITION

3 2 1 N

- — — — 1. Determine nutrient requirements across the life span.
- — — — 2. Develop a plan to meet personal and family nutrition and wellness needs throughout the live cycle.
- — — — 3. Apply USDA Dietary Guidelines in planning and preparing foods to meet nutrition and wellness needs.
- — — — 4. Investigate nutrition in culturally diverse cuisines.
- — — — 5. Select nutritious menus for special occasions and special needs.
- — — — 6. Analyze scenarios that incorporate the decision making process.
- — — — 7. Integrate decision-making principles when making consumer choices.

B. SAFETY AND SANITATION (ServSafe and Hazard Analysis Critical Control Point – HACCP)

3 2 1 N

- — — — 1. Evaluate conditions and practices that promote safe food handling.
- — — — 2. Summarize information regarding food borne illnesses as a health issue for individuals and families.
- — — — 3. Determine safety and sanitation procedures when receiving, preparing, storing, and serving food.
- — — — 4. Select appropriate procedures for administering basic first aid.
- — — — 5. Maintain a safe and sanitary

working environment.

- — — — 6. Demonstrate essential personal hygiene practices.

C. KITCHEN WORK CENTERS

3 2 1 N

- — — — 1. Demonstrate the proper use of kitchen utensils and equipment to include proper safety and sanitation techniques.
- — — — 2. Design work centers for efficient use of time and motion.

D. MEAL PREPARATION

3 2 1 N

- — — — 1. Utilize technology in designing,
- — — — 1. Apply basic recipe skills.
- — — — 2. Plan an efficient time-work schedule.
- — — — 3. Prepare foods from the USDA Basic Food Guide Groups using healthy cooking techniques.

E. TABLE SERVICE AND ETIQUETTE

3 2 1 N

- — — — 1. Demonstrate etiquette suitable for various occasions (written, verbal, and non verbal).
- — — — 2. Employ various food presentation techniques.
- — — — 3. Determine table service suitable for specific functions.

F. CAREERS

3 2 1 N

- — — — 1. Evaluate jobs and preparation requirements for careers in nutrition and food service industries.
- — — — 2. Explore the impact of food and nutrition occupations on local, state, national, and global economies. for merchandising apparel and textile products, e.g., false advertising, misrepresentation, fraud.